

探秘大香格里拉指南
A Guide of Exploring The Main Shangrila

皇冠之旅

A Travel of Crown

主编 李世碧

云南民族出版社

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“香格里拉”一词最早出现在英国作家詹姆斯·希尔顿的长篇小说《消失的地平线》，它描述了没有战争，没有欺诈，多民族共处，多种宗教共存，人与自然的和谐的世外桃源。多少年来人们苦苦寻觅，最终在滇川藏交界的地区发现了与小说描写极为相似的地方——现实生活中的香格里拉。大香格里拉指的是滇川藏三省区交汇地区。它西至西藏的林芝，东到四川的泸定（包括岷江的上游），北至四川最北部的若尔盖及石渠县最北端（包括青海果洛州及甘肃最南端一部分），南到云南丽江一线，东经 94 度~102 度，北纬 26 度~34 度。这里，大自然展开了美不胜收的雪山、冰峰、森林、草原、江河、湖泊、峡谷画卷，令人惊诧。生活在这里的藏族、纳西族、傈僳族、白族、门巴族、怒族、独龙族，以多种多样独有的民族文化、民族风情、宗教习俗共融共存，展示出神奇的诱惑力。旅游权威人士认为，大香格里拉地区是旅游的处女地，其山水风光、民族风情、宗教习俗的多样性、稀罕性和独特性堪称世界一流，是世界旅游的极品和皇冠。在旅游成为黄金产业的今天，随着交通、服务设施的改善，皇冠之旅——走进大香格里拉成为人们的向往和现实。

The word **Shangrila** first appeared in the novel the Lost Horizon written by English writer James Hilton. It described a place without wars and no cheating. In the place, many ethnic groups lived together

and different religions coexisted with the harmony of human and the nature. People searched for it everywhere painstakingly. Eventually, a place extremely similarly described, called major Shangrila, was found at the joint boarder of Yunnan, Sichuan and Tibet. it reaches Linzhi in Tibet in the west and Luding (including the upper part of Minjiang River) in Sichuan in the east .To the north ,it covers the northern part of Ruoergai and shiju county in sichuan (including Guoguo prefecture in Qinghai and the southern part in Guansu province) .To the south ,it ranges to Lijiang in yunnan province.It Lies between $E94^{\circ} \sim 102^{\circ}$ and $N26^{\circ} \sim 34^{\circ}$.In it, the nature owns plenty of beautiful and surprising snow-mountains, forests, grasslands, rivers, lakes and valleys. The main minorities living here are Tibetan, Naxi, Lisu, Bai, Menba, Nu and Dulong.They share colorful unique customs and cultures. There are melted religions existing cooperatively. It's really an attractive place. The tourism authorities think the major Shangrila is a virgin of tour. The landscapes, minority cultures and customs, and variety of religions are unusual and unique in the world. It is of the best quality and the crown of the world tourism.. Nowadays, traveling has become a golden industry. With the improvement of transportation and the service accommodations, the travel of crown, entering the major Shangrila has become people's dream and reality.



大香格里拉之门

——丽江

皇冠之旅

丽江位于云南省西北部，北与青藏高原相连接，是云南省进入藏区和进入大香格里拉的重要门户。作为前往藏区的重要通道，数百年来，丽江发挥着促进汉藏地区经济、文化交流的作用。从明清到抗日战争时期，丽江是闻名中外的茶马古道重要驿站，大量的茶叶、布疋和战略物资经丽江往返于中甸、西藏和印度、尼泊尔之间，为经济、文化交流和抗日战争的胜利作出了重要的贡献。今天，丽江作为大香格里拉的重要区域，在发展大香格里拉文化旅游中扮演着重要的角色，在推动大香格里拉旅游发挥着重要作用。丽江是丽江市人民政府所在地，海拔 2 416 米。全市有纳西族、彝族、傈僳族、白族等 12 种少数民族，全市人口 120 余万人。





Lijiang, the gate of the Major Shangrila

Lijiang, lies in the northwest of Yunnan, at the north is the Qinghai-Tibet highland, is the main gate to enter the Tibetan area and the major Shangrila. As a path toward the Tibetan area, for hundreds of years, Lijiang has been playing an important role in improving the communication of economy and culture between Han and the Tibetan. Lijiang was a widely-known chief station of ancient tea-horse route from Qing Dynasty to the anti-Japan period. Lots of tea, cloth and war goods were transported between Zhongdian and Tibet, India and Nepal from Lijiang, helping a lot in the economic and cultural communication and the victory of the anti-Japan war. Today, as the theme area of the major Shangrila, Lijiang plays an important role in developing the major Shangrila cultural tourism. People's government of Lijiang City is in Lijiang with the elevation of 2 416 km. above sea level Lijiang City has a population of 1.2 million consisting of twelve minorities, such as Naxi, Yi, Lisu etc.





主要景点 The main scenic spots

丽江古城

皇冠之旅

中国历史文化名城和世界文化遗产，面积约为 3.8 平方公里（包括白沙和束河古镇），始建于南宋末年。800 多年来一直是滇西北政治、经济、军事和文化重镇。其选址布局独具特点，充分利用了当地的山水，从而形成了依山傍水、小桥流水、古树人家的美景意韵。建筑



丽江古城 Lijiang Old Town



风格兼容了汉、白风格而独具一格，“三坊一照壁，四合五天井，走马转角楼”。城中的木氏土司行署则呈现出“宫宝之丽，拟于王者”的非凡景象。四方街明清时已是滇西北商贸枢纽和茶马道上的集散中心。古城内文物古迹众多，文化蕴含丰富，是中国最具少数民族风格的古城镇，1997年12月4日，正式进入《世界遗产名录》。

Lijiang Old Town: first built in the last years of Nan Song Dynasty, it is the famous city of historical and culture cities & towns in China as well as the cultural heritage in the world with an area of 3.8 square meters (including Baisha and Shuhe Old town) . It has been the important town of northwest of Yunnan from the aspects of politics, economy, military and culture. The location and layout of Lijiang Old Town is unique. It made full use of water and mountains, forming a picture of little bridges over the flowing water everywhere and houses surrounded by the aged trees at the foot of mountains. The architecture style combines that of Han and Bai into a unique effect. The most popular building style is with a yard in the middle, one side a high wall with painting and calligraphy works, the other three sides building houses. The administrative office of the chieftain MU was an unusual building, described as “beauty as a palace, assembling that of the king’s” . The



Square Market was a business and distributing centre in the northwest of Yunnan early in the Ming and Qing dynasties. There are many ancient historical sites and rich culture in the Old Town. It is an old town with typical minority style. In 4th December, 1997, it was recorded in the list of the world heritage.

玉龙雪山

位于丽江城北，因有十三峰犹如巨龙的雪峰得名。其南北长约 35 公里，东西宽 25 公里，面积约为 26 000 公顷，最高峰扇子陡海拔 5 596 米，是长江南岸的第一高峰，也是北半球距赤道最近的现代海洋冰川，还是一座未被人类征服的处女峰。玉龙雪山山峰如剑，森林茂密，泉潭众多。主要景点有海拔 4 506 米的冰川公园，巨杉环抱的云杉坪，以及牦牛坪、蚂蟥坝、玉柱擎天、玉水寨、东巴谷等景点，是国家级风景名胜区，省级自然保护区，国家 4A 级旅游景区。

Yulong Snow Mountain: (Jade Dragon snow Mountain) , lies in the north of Lijiang city, got its name from the 13 countious peaks stretching out a row just like a dragon about to take off to the sky. It is 35kms long from





south and 25kms wide from west to east. The 5 596 meters high peak Shanzidou is the highest mountain in the south of Yangtze River, covering an area of 26 000 acres. The highest peak is modern ocean glacier nearest the northern tropic and also a virgin mountain having not conquered by the human. There are dense forests and different sizes of ponds and lakes in the Yulong Snow Mountain. The peaks are like swards pointing to the sky. The main scenic spots are 4 506 meters high glacier park, Yunshanping which is surrounded by huge firs, Maoniu ping, Mahuangba, Yuzhujintian Yushuizhai and Dongba Valley etc. It is a famous scenic spot of national level and a nature reserve of provincial level and a 4A-class tourism area of national level.

老君山

丽江古城西 90 余公里，位于丽江、剑川、兰坪交界处，主峰海拔 4 240 米，面积 710 平方公里。“滇省众山之祖，上多灵泉，相传太上老君在此炼丹而得名”（《丽江府志》）。是世界自然遗产“三江”并流的主体部分之一。老君山以高山植被、珍稀动植物被称做生物多样性最富集的地方。另外，因其黎明丹霞地貌、奇峰异石





老君山 Laojun mountain

被列入国家地质公园。主要景点有九十九龙潭、金丝厂金山玉湖、利苴滇金丝猴自然保护区、黎明丹霞地貌区及新主植物园区等。

Laojun Mountain: about 90kms away from Lijiang Old Town in the west, is at the borders of Lijiang, Jianchuan and Lanping. It covers an area of 710square kms and the highest peak is 4 240 meters high. In Lijiang History, it was described as the first mountain of all the mountains in Yunnan, there are many god-blessed springs, and because Taishang Laojun (Most Exalted Lord Lao) once made medicine (pills of immortality) in it, the name Laojunshan came into being. It is famous for rich





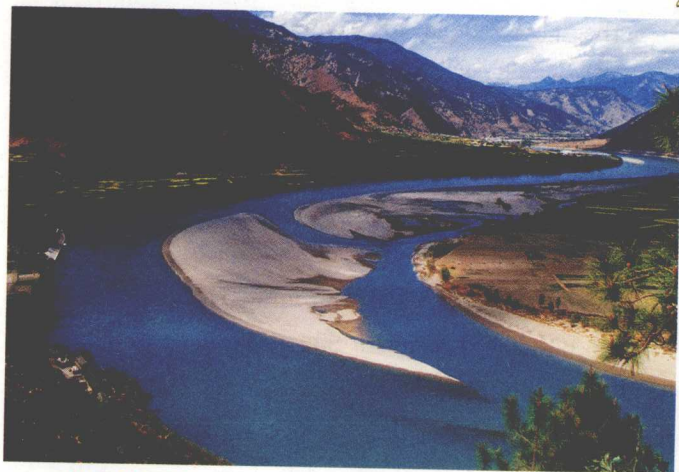
biodiversity, mainly alpine vegetation and rare animals and plants. Besides, the special landforms and unusual peaks and rocks have been listed into National Geologic park. Some other spots worth mentioned are 99 Ponds, Jinshanyu Lake in Jinsichang, Lizeng Nature Reserve of Yunnan golden monkey, Liming special landforms and New Theme Botanical Garden.

泸沽湖

距丽江 320 公里，面积约为 50 余平方公里，水深 45 米，由地质断层陷落而成。湖中有 5 个全岛，3 个半岛，1 个海堤连岛，17 个沙滩，14 个海湾。其中黑瓦吾岛、里无比岛和里格岛错落分布，鼎立于烟波浩瀚的湖中。泸沽湖畔是人类母系氏族最后遗迹，至今保持着男不娶、女不嫁的阿夏婚。

Lugu Lake: 320kms far away from Lijiang City, covering an area of 50 square kms, was formed by falling of the earth layer. There are five islands, three peninsulas and a bank island, 17 sand beaches and 14 lake valleys. Among them, Liwubi Island and Lige Island are standing in the foggy and mysterious lake. Lugu Lake is the last place with





长江第一湾 The First Bend of Changjiang River

the matriarchal marriage system in the world. Men and women don't marry. Now visiting marriage is still in practice.

长江第一湾

位于丽江西北 45 公里的石鼓镇。在这里，金沙江从北而来，在这里转向 180 度，调头东去，形成了“万里长江第一湾”，也孕育了中华民族的长江流域文化。石鼓是古代南方丝绸之路和茶马古道的要津和南下大理，北进藏区的重要道路。主要景点有“长江第一湾”、石鼓碑牌、铁索桥、红军长征纪念碑、贺龙指挥所等。





The first Bend of Changjiang River: It is in Shigu Town, 45kms away in the northwest of Lijiang City. Jinshanjiang River runs from the north and has a 180-degree turn immediately to the east, forming “the First Bend of thousands of miles of Changjiang River”. It also has bred the Chinese Culture of Changjiang River. Shigu is the chief route down to Dali and up to Tibetan area. It is a strategic position of Southern Silk Road and Old Tea Horse Road. The main scenic spots areas follows, the first Yangtze River Bay, Stone Drum Inscription, Long March Memorial of red Army and He Long Command Post etc.

虎跳峡

距丽江城 84 公里，雄伟的玉龙雪山和哈巴雪山形成了巨大的深壑，挤压着奔腾咆哮的金沙江，形成了长 18 公里，落差达 200 余米的大峡谷，相传老虎能一跃而过，故名“虎跳峡”。虎跳峡分上虎跳、中虎跳和下虎跳，其间有 18 个险滩，是世界上集深、险、奇、秀为一体的大峡谷。

Tiger Leaping Gorge: It is 84 kms away from Lijiang City. The huge Yulong Snow Mountain and Haba